

Bay Pines Volunteer News

Volume 2

www.va.gov/visn8/baypines/news.cfm

Fall 2005



National POW/MIA Recognition Day 2005

We honored and remembered prisoners of war and those missing in action at our POW/MIA Ceremony held in the J.C. Cobb Room at 10:00 a.m., Friday, September 16, 2005. Barbara Parker, Acting Chief VAVS, was Master of Ceremonies. Chaplain Dan Hummer gave the Invocation and Benediction. The American Legion Post #273 Honor Guard presented and retired the colors. Bob Cannon, USMC League VAVS Rep, led everyone in the Pledge of Allegiance. The memorial table was set and we listened to the reading of the "Missing Dinner Guest." Oscar Seara, Bay Pines Public Affairs Officer, introduced Guest Speaker, Roy Livingstone, Director of the American Ex-POW Foundation who spoke about Patriotism. Also in attendance was Ester Carboni, Treasurer and Don Denny, Commander of the FL Gulfcoast Chapter of the Am Ex-POWs who placed the Ceremonial Wreath. From the audience, WWII veteran, Mr. Peter Melos concluded the program playing *God Bless America* on his harmonica. Mrs. Lillian Walker was also in the audience. Her husband, Horace Allen Walker was a POW shot down over Bulgaria and one of the founders of the FL Gulfcoast Chapter of the Am Ex-POW.



Americans are blessed with the freedom made possible by the service and sacrifice of so many. On National POW/MIA Recognition Day, our entire Nation honors and pays special tribute to our prisoners of war and those who remain missing. — President George W. Bush

Volunteer Spotlight

Red and Doris Russell

They've been volunteering through the Mason Services Association at Bay Pines for twelve years. **Red and Doris Russell** met in grammar school and will soon celebrate 60 years of marriage. They have three children, three grandchildren and a great grandson living in Massachusetts. **Doris** worked in several nursing homes as the director of nursing and also administrator at the Methodist Home in Concord, MA. She retired from the Massachusetts Department of Mental Health and Retardation. Every Wednesday she volunteers in the Bay Pines pharmacy helping to fill orders packing medication containers and envelopes. When she's not volunteering at the VA, she's making hundreds of cloth toy bags or ME dolls for the children at the Tampa Shrine Hospital. When a child goes into the hospital, they receive one of her ME dolls. Even the nurses change the dressings on the doll so the child knows what's going on. When the child goes home, they take the doll to show all their friends where they had their operation. Doris also volunteers with Red at the Food Pantry in Clearwater. She's a member of the Order of the Eastern Star (50 years), Order of the Amaranths, Daughters of the Nile and Ladies Oriental Shrine. Volunteering at Bay Pines has been very rewarding to Doris --- she feels that "it's very worthwhile because we are going to become busier and busier."



Red is a WWII Navy veteran who served on the battleship Wyoming in the North Atlantic right after Pearl Harbor. In 1942, he was involved in the invasion of North Africa and went on to the Pacific in New Guinea, Orlandia and Layte in 1943. He was also a three star admiral's chauffeur in Manila when they were planning the invasion of Japan. After the peace treaty in 1945, aboard a hospital ship, he evacuated from the Philippines. After discharge, he spent 35 years with Western Electric/AT&T in Andover, Massachusetts and retired in 1986. Since moving to Florida, he has been very active as the VAVS Masonic Representative for the Masonic Services Association of North America representing fourteen counties on the west coast of Florida. During elections here in Pinellas County, he operates voting machines. During football season, he and Doris work at Raymond James Stadium in the Tag-a-Kid program. He's also a Keystone Cop with the Egypt Shrine, acting President of Holiday Isles Shrine, district Shrine Club Director and belongs to the Order of the Amaranth. He has been a Mason for 51 years, 40 years in the Scottish Rite, 50 years in the Eastern Star and 35 years in the Shriners. Outside of bowling and doing charity work, he finds time to volunteer at Bay Pines with his wife. He visits patients in the hospital and nursing home. "Ever since the invasion of North Africa, I feel that I've been living on the plus side. I appreciate what the veterans have done for all of us and it's payback time."

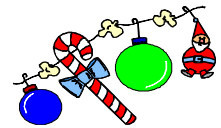
Where do they get their energy ---- truly a couple dedicated to volunteerism !!!



Voluntary Service Office



Greetings Bay Pines Volunteers!



Wow —this year has really raced by! I can hardly believe holidays are upon us.

We have so many exciting activities planned. The office staff and VAVS Executive Committee are hard at work, preparing for all the special events coming up: **Veterans Day, Holiday Breakfast, Holiday Gift Wrap, Patient Holiday Gift Distribution and Holiday Parties.** We are looking for volunteers to assist with these activities so give the Voluntary Service office a call if you are interested in helping.

And speaking of helping ... I want to expend a *HUGH THANK YOU* to each of you for helping VS meet the mandatory training requirement for all volunteers! The Bay Pines volunteers did an outstanding job complying with this year's Privacy Training and Safety Education mail out. We had greater than an 85% return rate on the mail-out—that is an outstanding response rate! Way to go! In 2006 we will be holding Education Training sessions through out the year to help ensure that all volunteers receive the safety and volunteer training material.

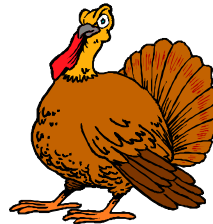
On behalf of the Voluntary Service staff, I extend our **thanks** and **appreciation** for all that you do in service to our veterans. You play a powerful role in helping the medical center staff meet the VA Mission of **Honoring America's veterans by providing exceptional health care that improves their health and well-being.**

May you have a joyous and blessed Holiday Season!

Barbara L. Parker, CTRS
Acting Chief, Voluntary Service
(727) 398-9394

News You Can Use

- ER will be tripling in size and there will be an increase in outpatient programs.
- Bayside and MOD C have moved to the Domiciliary — Dom B, Bldg 102 and is now called Lakeside.
- More parking has been created for employees as well as volunteers in Lot 16 near the Credit Union and more parking for patients and employees near the hospital.
- Shuttles will be operating after 5 p.m.
- Wall of Welcome is being created for new volunteers.



The Pilgrims set ground at Plymouth Rock on December 11, 1620. Their first winter was devastating. At the beginning of the following fall, they had lost 46 of the original 102 who sailed on the *Mayflower*. But the harvest of 1621 was a bountiful one. And the remaining colonists decided to celebrate with a feast -- including 91 Indians who had helped the

Pilgrims survive their first year. It is believed that the Pilgrims would not have made it through the year without the help of the natives. The feast was more of a traditional English harvest festival than a true "thanksgiving" observance. It lasted three days.

In 1941, Thanksgiving was sanctioned by Congress as a legal holiday, as the *fourth* Thursday in November.

We encourage all volunteers to attend mandatory training. Please contact the Voluntary Service office or your supervisor for dates and times. Notices will also be posted at sign-in stations. Check the calendar on page 12.

From the Editor



This year I'm thankful we have not experienced what so many have during Katrina, Rita and now Wilma. I'm sure there are many survivors that will feel like "pilgrims" this Thanksgiving. I only hope they will have a plentiful harvest because of the many hearts and souls in this country who have shared.

In our next issue, we would like to hear from organizations who are planning events or anything newsworthy to publish. Any other stories or articles you'd like to see in this newsletter, please give me your ideas. Also looking for volunteers to help as reporters or assist in distributing the newsletter.

Let's not forget our veterans here and overseas this holiday season. And to all volunteers and staff at Bay Pines, have a wonderful and Happy New Year. *We'll see you in 2006 !!!*

Send your suggestions, comments, articles and photos to the Voluntary Service Office today. The **Bay Pines Volunteer News** is published Spring, Summer, Fall and Winter.

If you would like to join our newsletter staff or need more information please contact:

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On the Bay Pines intranet home page:
left side under Features, click on *Newsletters*



History of Bay Pines Medical Center Part VII

The Medical Center provides initial and continuing education for over 700 health care professionals, either employed at the Center or through agreements with affiliated universities and colleges in Florida and Georgia. An active, growing research activity supports the advancement of medical and scientific knowledge and further reinforces its health care mission with over 26 funded investigators and \$2 million annual grants. The Bay Pines Foundation activity assists in community paid grant funding opportunities.

Although almost a town in itself with its own police force, emergency squad, recreation department, barber shop, and post office, as a member of the community and as a responsible employer, the VA Medical Center, Bay Pines, contributes to community development and a viable environment. On April 17, 1982, Congressman C.W. "Bill" Young announced that 30 acres of land and 20 acres of wetlands had been set aside as a Wildlife Refuge. A renovated and newly equipped laundry went into full operation in August 1982, at

a cost of 2.9 million, and accommodated 5 million pounds per year. An additional Nursing Home Care Unit and a replacement Domiciliary were dedicated on October 21, 1980. A replacement hospital, Building 100 was completed and activation early in 1983. With the opening of the replacement hospital building in 1983, all Quonset Huts were finally removed and over 1900 parking spaces provided on campus.

To be continued in the Winter Newsletter

United Veterans Golf Tournament

September 17, 2005 — Tides Golf Club, Seminole, FL



**Did you use your Mulligans ?
Did we have any sandbaggers ?
Any birdies, bogies or eagles ???**

What we did have was 48 golfers, box lunches and a Saturday of enjoyable golf. Even though it was a hot, sunny afternoon, we had great fun and took home terrific prizes and beautiful awards. The winning team of Dale, Glasser, Schlik and Voynovich had a respectable score of 58, second place went to Russell, Byrd, Wright, Burke with a 62 and third place went to Marshall. Doudna, Philips and Goodpaster with a score of 66. Congratulations to our winners!

The tournament was a winner because of **GREAT TEAM WORK**. Thanks go to Voluntary Service for coordination, Partnership for American Veterans, Inc. for sponsoring the event, especially Bobbie and Chuck Wisner for their registration and accounting. Special thanks to volunteers Bob Cannon, Lois Stearns, Pam Hinds and Paula Mullins for all their hard work and to the medical center committee co-chairs Rosemary Mills, Reba Durbin, Jim Clark, Mike Matthews, Marty Traxler, Diane Adkins, and Mike Lyons who all helped make this event successful. Many thanks to Daryl and Tides Golf Club for all their help.

It was a Great Day !





A Special Calling



Oscar P. Seara, Public Affairs Officer

Interview by Pam Hinds-Pagac, Editor

Oscar P. Seara, M.A., M. Div., came to Bay Pines VA in January 2005. Although seemingly hidden from most of our volunteers, he provides an integral function for the center and its community clinics and is truly a "man of many hats." As Bay Pines VAMC's Public Affairs Officer, or PAO, Mr. Seara is the official spokesman to the news media, a liaison with Veteran Service Organizations and Congressional representatives, and ensures internal communication between management and the workforce. Because of his extensive background in the military and one other surprising area, he also knows what he's talking about when he says, "Being a volunteer is a special calling."

After graduating from high school in New York City, he initially tried earning a living as a musician and freelance photographer. "It was lots of fun but I didn't enjoy starving," he said. So in 1974, he joined the Air Force and served as a tower and radar air traffic controller at bases in Alabama and Ohio. However, in 1977, he became a military journalist. After two years of night classes, he received his B.A. in Social Psychology from Park University and was sent to Officer Training School in Texas. After commissioning as a Lieutenant in 1979, he attended the Defense Information School and trained as a PAO. From there, he was transferred to a base in upstate New York as "long distance PAO" for communications units in 28 states and Germany. In 1981, with his career taking hold, he went to Osan, Korea, as Deputy PAO, where he assisted in managing the base's newspaper, community relations programs, and the base's Armed Forces Radio and TV station.

After returning to the U.S., he received an M.A. in Public Relations from Syracuse University in 1983 and was sent to HQ Air Force Logistics Command in Ohio, as a staff PAO, overseeing the command's Community Relations activities across eight bases nationwide. However, in 1985, he was sent on temporary duty to Honduras for six months to serve as DoD's spokesman at the U.S. Embassy in Tegucigalpa during a time of conflict between Honduran and Nicaraguan forces along the border. Upon returning to the U.S., he became the Logistics Command's Chief of Internal Information, establishing policy for the command's newspapers.

Between 1986 and 1991, he was Director of Public Affairs for several bases including a bomber base near Canada, and a fighter base in Arizona, not far from the Mexican border. At both bases, Mr. Seara mainly handled media and community concerns over weapons safety and environmental issues. "I can truly say that I have served in both the absolute coldest and hottest parts of the U.S. within a short span," he said. But, in 1990, he accepted his "favorite Air Force job at a place even hotter than Arizona," he said, as second-in-command of Public Affairs activities for the Allied Coalition Air Forces in Saudi Arabia, led by Air Force General Charles Horner. Throughout Operations Desert Shield and Desert Storm, he responded to hundreds of media queries and was the general's media scheduler. Several years later, Mr. Seara was mentioned in Tom Clancy's 1999 book about General Horner, "Every Man a Tiger."

Following the Gulf War, he left active duty and worked for VA at its New York Regional Office, marketing success stories to national media as head of VA's National Story Program. According to Mr. Seara, his most successful story placement involved a device to help quadriplegics breathe easier, which was invented at the Palo Alto VAMC. The story was picked

up and broadcast nation-wide by radio commentator Paul Harvey and other national media. But, in 1995 he was recalled to active duty and served as a staff PAO at U.S. Atlantic Command in Virginia, and then as Director of Public Affairs for the Air Reserve Personnel Center in Colorado. In 1997, he retired from the Air Force as a major.

Newly retired and becoming bored, Mr. Seara said that he "wanted to do something entirely different" and pursued a lifelong ambition to become a clergyman. In 1998, he enrolled at an Episcopal seminary in Wisconsin, where he received the M.Div. degree in 2001, and was ordained as an Anglican priest. "Despite my years as a PAO, I've always felt a deep calling to serve in a hospital environment," he said. So, he undertook a year-long residency at two Kansas City-area hospitals as their Trauma Center and Emergency Room Chaplain. "At the same

time, I couldn't keep my fingers out of the "PAO pie" and provided free consulting to small congregations and clergy," he joked. "I thoroughly enjoyed working in chaplaincy because it's so different from Public Affairs but still involves communications. While the PAO communicates an organization's achievements, the Chaplain communicates a spiritual message to people who are often going through a difficult time. It was a very easy transition from one role to the other," he said.

However, in 2002, because of his experience and the fact that he speaks Spanish, the Navy invited Mr. Seara to take a position as the civilian PAO for Naval Station Roosevelt Roads, Puerto Rico, and the controversial Viéques Training Range which was experiencing anti-American violence. When the

range and main base were closed in 2004, he accepted a transfer to Guantanamo Bay, Cuba, to serve as the Navy base's PAO, supervising a weekly newspaper, media relations, the base's Internet site, and advising the base museum. "This area of Cuba was not at all like the tropics in Puerto Rico," he said. "It's an arid desert environment. And since we have no diplomatic relations with Cuba, there really was no Community Relations program."

He said that job was both very enjoyable and extremely frustrating all at once. "Each month, our Guantanamo-based Sailors and Coast Guardsmen would interdict many pounds of narcotics at sea, preventing them from making their way here and poisoning our children. They would also rescue people at sea and provide safe haven to Haitians at the base's big migrant camp whenever there is trouble there," he said. "Yet, despite all their good work, almost none of it went reported by the media. Instead, it was DoD's terrorist detention facility that made all the news – and none of it ever seemed good. I was certainly glad when I was offered the PAO position here at Bay Pines."

When not at the office, Mr. Seara, who is single and lives in Largo, enjoys jazz, cooking, photography, and his antique cameras, one of which is a rare 1912 folding camera. He has a daughter in Arizona, who is married to an Air Force NCO, and a grandson. But, as PAO for one of the Nation's largest and busiest VA Medical Centers, he believes that his DoD experience easily transfers to VA, and that his experience as a Chaplain enable him to appreciate patient needs and the work done by Bay Pines' staff and volunteers. "Volunteers are indispensable -- they are special people and indeed have a special calling," he said. "I truly believe that our Bay Pines volunteers perform a significant role in serving our veteran's needs. They are top notch!"





Meet Our Outstanding Volunteers



Eugene "Gene" Adkins is originally from Harlem and Queens, New York. At the age of 17, his father enrolled him in the Navy. In 1956 he was a ship fitter (tin knocker) and discharged in 1962. He retired from his own Italian food specialty business and his family moved to Largo in January 2001. He met his wife 42 years ago and they have two sons and a daughter.

His father, two brothers and his son were in the Navy. His one son lives locally and his other two children, live in New York. Five years ago, Gene originally volunteered as a van driver in Pinellas County. Now he assists Larry Phelan as a VFW Deputy. Gene is a member of VFW Post 2473. He visits veteran patients in their hospital rooms and offers them help when needed. When he's not at Bay Pines, Gene loves to fish by boat, from bridges or beaches. Gene feels that "everybody should volunteer. It's an honor to help a fellow veteran. I can't put it into words but anything we do for the veterans is well appreciated. The veterans love the extra help and enjoy our visits."

When an American asks for the cooperation of their fellow citizens, it is seldom refused; and I have often seen it afforded spontaneously, and with great will."

----- Alexis de Tocqueville, 1835



Joyce Billis was born in Weigor, Wisconsin and later moved to Chicago. Born and raised in Chicago, her husband, **Joseph** was a lifeguard all through high school and joined the Navy in 1942. He was in the Normandy invasion aboard the

Borum (destroyer escort) and discharged in 1945. He graduated from De Paul University, retired from the Chicago transit authority after 34 years and moved to Largo in 1987. They were married in 1996 and have seven children, thirteen grandchildren and twelve great grandchildren. Since Joe retired, he says "there's nothing better to do then helping veterans." They are members of VFW Post 9272 and have been volunteering for 2 1/2 years. The first Wednesday of each month, they serve coffee and donuts that the VFW donates at 9:00 a.m. in the nursing home. At 10:30 they help with crafts; 11:30 exercises and Bingo at 1:30. On the third Friday of the month, they assist with current events, arts and crafts, help the Elks Club with Bingo, and serve cookies and punch. Joyce has made 113 lap robes and over 400 tracheotomy bibs for the nursing home patients. Joyce enjoys talking to the veteran patients and "loves to make them laugh."

Volunteer Respite Care Program

The VAMC Bay Pines "**Volunteer Home Respite Care Program**" was conceived in 1999 when Dr. Robert Roswell, M.D., Network Director VISN 8 requested that a set of protocols for a volunteer home respite program be developed for potential implementation in our VISN. The first respite volunteer was placed in March of 2000 with 24 volunteers trained during the month of February.

Initially, the Disabled American Veterans, Department of Florida funded a grant request originating at the Gainesville VA Medical Center titled "Vets Helping Vets." The desire was to help meet the needs of veterans in their homes and covered a variety of functions that volunteers would perform. As part of the development of the VISN 8 Home and Community Care Service Line, a survey of veterans and their caregivers in current VA Home Care programs was conducted at each medical center. The results indicated that home respite was a much-expressed need by numerous family members. This information reflected the Service Line's desire to carry veterans' health care to the home where many veterans would prefer to stay verses being institutionalized. As a result, a committee of medical staff, coordinators, counsel, and volunteers coordinated training and promotion of The Respite Care Program.

Chosen as one of the initial volunteers, I became a volunteer spokesperson for The Respite Care Program. I have been assigned to seven different veterans since we started the program in 2000, and was with one of those veterans for over two years. By helping the veteran and his family, the program has made a big difference in their lives. We don't give medications, change clothes, or feed the patient but we are there to visit, read, or play games with the veteran. The Respite Care Program gives the caregiver time to do things for themselves.

I highly recommend this program and have found volunteering to help the veteran at home very rewarding and enjoyable. If you would like to help our veterans, we would like you to join us. Call Volunteer Service for more Information: 727-398-9394.

Reporter, Lois Stearns, VAVS Rep, VFWA
Volunteer - Respite Care Program

*Volunteers helping
veterans and their
caregivers in their homes.*



Veterans Day Parade, November 11th begins at 80th Ave and 113th Street, Seminole at 10 a.m. Ceremony at 11 a.m. at Seminole Library.

Mike Matthews — Parade Marshal

Bay Pines Veterans Day Program
Nursing Home, Patio Area "F" 2:00 p.m.

Thank A Veteran for Their service !

Veterans Day Ceremony at Largo Court of Honor—7:00 p.m.

Keynote Speaker: Royce Carter

Veterans Appreciation Day, November 12th, Long Center, Clearwater
11:00 a.m. until 5:00 p.m. All Day Celebration

NOTE: Roger Boehlow, volunteer, is now accepting flag donations and taking tattered flags for retirement to the American Legion, Post 273. Drop off your flags in the donation box located in the office next to the Voluntary Service office.



A Glimpse into NASCAR History

By Pam Hinds-Editor

Back in the early 1920's and 30's, bootlegging was booming. "Moonshine Runners" were running illegal whiskey from hidden stills across the Southeast and racing among themselves on Sunday afternoons. Racing moonshine cars became extremely popular and dangerous on the backroads of the South.

But before moonshine drivers were racing, auto speed shows had turned up in all corners of the globe. Races were conducted on public streets, hastily built speedways, dirt racks originally designed for other uses, and along the sandy shoreline of Florida's Daytona Beach. In February 1903, the first organized tournament was staged on the sands of Ormond Beach, Florida which kicked off an annual affair in the resort town of Daytona Beach. Every winter many sportsmen would test the speed limits of their vehicles. Within a few years, the eyes of the world focused on the mechanical magic at Daytona Beach. By 1935 speeds of 276 mph were reached.

In March 1936, the town of Daytona Beach organized a race for stock cars and a man by the name of Bill France came in fifth. In an effort to keep auto racing active, France started winning, organizing and promoting national races. By 1941, enduring an exhaustive schedule, four championship races were included at Daytona which France promoted.

WWII brought stock car racing to a halt. The drivers went to war and the production of new cars ceased. By 1947, France realized it was time for a national organization to promote and organize stock car racing. At the end of the year, NASCAR --- the National Association for Stock Car Auto Racing was formed. The first official NASCAR-sanctioned stock car racing event took place on a special 2.2 mile portion of Daytona's 4.1 mile Beach-Road course on February 15, 1948. Fifty cars took the green flag and more than half were out of the race by the halfway mark. By 1949, the first present day NASCAR Winston Cup Series was held at the Charlotte, NC Fairgrounds.

Through the 1950s NASCAR flourished when automobile manufacturers realized the potential of racing to sell cars. But when NASCAR faced its first major crisis, manufacturers pulled out of racing following an incident in 1957 at the Martinsville Virginia Speedway. Five people, including an 8 year old boy, were hurt by flying debris from a crash. France managed to keep the organization functioning by convincing promoters to increase prize monies and securing the superstar, "Glenn "Fireball" Roberts in 1958. Roberts died at the Charlotte, NC Motor Speedway in 1964 when his car burst into flames.

By 1959, NASCAR opened the Daytona International Speedway. France risked almost everything he had on building the track over a plot of swampland four miles away from the ocean. After 500 miles of racing, it took a photo finish and 61 hours to determine that Lee Petty won the race by a fraction of a car length which is now the most famous photo in racing history.

By the mid 60s, NASCAR had changed from stock cars to modified cars re-designing cars for speed and safety. Richard Petty, Mario Andretti, Cale Yarborough, Darrell Dieringer and Bobby Allison were competing in Grand National Championships and races were televised. In the 70's, such greats as Kyle Petty, A.J. Foyt, David Pearson, Buddy Baker, Donnie Allison, Bobby Isaac, Neil Bonnett, Darrell Waltrip, Terry Labonte and Dale Earnhardt were just starting their careers. By 1979, the Daytona 500 was televised to twenty million people.

In the 80's, NASCAR secured corporate sponsors and "downsized" to smaller race cars. Richard Petty won his 200th race on Independence Day 1984 at the Pepsi Firecracker 400, sons of the greats were becoming Winston Cup drivers and "restrictor" plates were placed in carburetors slowing cars down. Rusty Wallace, Bill Elliott and Geoff Bodine were tearing up the tracks. In 1988, Bobby Allison won his 85th and final victory at the Daytona 500 -- later that year his driving career ended when he was seriously injured at Pocono. Allison returned to NASCAR as a team owner.

Mike Rich, a pit tire changer, died after a car driven by Ricky Rudd spun in the pits in 1990 and in 1991, new pit road rules were regulated by NASCAR. The 1992 NASCAR Winston Cup season was tainted by the unfortunate loss of NASCAR founder Bill France. He died at 82 in his sleep at his home in Ormond Beach, FL. The 1993 NASCAR Winston Cup season was more tragic than any in nearly 30 years. Alan Kulwicki perished in a private plane crash and Davey Allison died in a helicopter crash at Talladega. In 1994, Neil Bonnett tried a comeback to racing but died in a practice accident nine days before the Daytona 500.

Despite tragedies, by 1995, NASCAR became a national phenomenon. Winston Cup events surpassed five million for the first time in history and Jeff Gordon and Dale Jarrett were grabbing headlines on the tracks. NASCAR racing had become the second most popular professional sport in America.

By 2000, Sterling Marlin was still racing and new rookie drivers dominated many of the headlines such as Jimmie Johnson, Kurt Busch, Ricky Craven and Ryan Newman. But in the final laps of the 2001 Daytona 500, Dale Earnhardt and his black Chevy were delivered a head-on shot pushing him into a concrete wall. The unthinkable happened. According to medical services director at Daytona, Earnhardt was killed instantly. "Undoubtedly this is one of the toughest announcements I've personally had to make," said Helton, NASCAR President. "After the accident in Turn 4 at the end of the Daytona 500 we've lost Dale Earnhardt."

Earnhardt's death was the fourth in a nine-month period in NASCAR's top three racing divisions. All four drivers died of basal skull fractures and safety issues became paramount. Within several weeks, all drivers were required to wear the HANS device, a safety collar designed to prevent the head from snapping forward in a head-on accident.

In 2003, the Winston Cup Series was replaced with the Nextel Cup Series which pays the most prize money to its team owners and drivers at more than 20 tracks that are sanctioned by NASCAR for Cup races. There's also the Busch Grand National Series (lighter cars) and Craftsman Truck Series. The average elite stock Cup cars have more powerful engines and cost more than \$200K to build. Race sponsorship is now a multi-billion dollar industry, and viewed and enjoyed by millions of people. Enjoy the Daytona 500—February 19, 2006!



Recent Photo taken by Mike Lyons at the Talladega Superspeedway



The Purple Heart



The Purple Heart is awarded in the name of the President of the United States to members of the U.S. Armed Forces who are wounded in conflict with an enemy force or while held by an enemy force as a prisoner of war. The Purple Heart is also awarded posthumously to the next of kin of members of our armed forces who are killed in conflict with an enemy force or die of a wound received in conflict with an enemy force.

The Purple Heart is the oldest military decoration in the world still in use. It was established on August 7, 1782, during the Revolutionary War, when General George Washington issued an order establishing the Honorary Badge of Distinction, otherwise known as the Badge of Military Merit. Award of the Purple Heart ceased with the end of the Revolutionary War, but was revived in 1932, the 200th anniversary of George Washington's birth.

The Purple Heart represents the most honorable of characteristics in a service member and a citizen. It has been awarded to more than 1,535,000 recipients, approximately 550,000 of whom are still living. We give humble thanks for your service and your sacrifice.

WE SALUTE OUR WORLD WAR II VETERANS --- *The Greatest Generation*

World War II began in 1939 as a European conflict between Germany and an Anglo-French coalition but eventually included most of the nations of the world. It ended in 1945, leaving a new world order dominated by the U.S. and the USSR. Sixteen million of our military served in World War II. Over 400,000 were KIA, 670,000 WIA and approximately 140,000 were POWs. Sixty years ago this was the generation that first went to school on the GI Bill, revolutionized medicine and pioneered space exploration --- the **Greatest Generation**. In President Harry S. Truman's radio address broadcast aboard the USS Missouri in Tokyo Bay as part of the Japanese official surrender ceremonies, September 2, 1945, he paid tribute to those who made the ultimate sacrifice and who bore the pain of loss:

... "we shall not forget Pearl Harbor -- as we remember that other day, the day of infamy. God grant that in our pride of the hour, we may not forget the hard tasks that are still before us; that we may approach these with the same courage, zeal, and patience with which we faced the trials and problems of the past four years. We think of those whom death in this war has hurt, taking from them fathers, husbands, sons, brothers, and sisters whom they loved. No victory can bring back the faces they longed to see. Only the knowledge that the victory, which these sacrifices have made possible, will be wisely used, can give them any comfort. It is our responsibility—ours, the living—to see to it that this victory shall be a monument worthy of the dead who died to win it." May 8, 1945 is marked as V-E Day (Victory in Europe) and August 15, 1945 is marked as V-J Day (Victory over Japan).



Nursing Home patient, **Peter Albert Melos** is a World War II Army-Air Force veteran in the European Theater of operation. He was stationed in England and France for two years as a twin-engine pilot. He dropped paratroopers and equipment behind enemy lines in France, England and Germany. After WWII, he

took troop transport planes to Africa and across the Ascension Islands. He moved from New York to Florida in 1958. As a hobby, he's been playing the harmonica for over 75 years. Peter's son was killed in Vietnam on his birthday, July 4, 1967. Peter started the AmVets Post 7467, Pinellas Park, in remembrance of his son.



Patient, **Byron Cochran** is Mr. Melos's roommate and also plays the harmonica. Byron is a World War II Navy veteran and retired after 23 years of service. He was a gunner's mate on destroyers and later on a submarine chaser off the coast of Florida, Atlantic and Gulf of Mexico. He was also involved in the liberation of

the Philippines and Guam. Aboard a troop carrier, he delivered Marines on Okinawa. He was also in the Korean war, stationed at the Philadelphia Navy Yard and graduated from Temple University. Byron became a teacher in Philadelphia, taught for 18 years and moved to Florida in 1969.



World War II Veteran, **Mary Millett** has been volunteering in Escort for almost three years. Originally from Marblehead, MA, she joined the Navy in 1944. She was a Corpsman stationed at the Brooklyn Naval Hospital for two years. She married in 1962, retired from General Telephone and moved to Florida 23 years ago.

Mary says that "I hate to have a holiday because I really enjoy helping here." When not volunteering, she takes care of her ill husband at home.



Elda Giffrow graduated from South Chicago Community Hospital as a Registered Nurse in 1941 and entered the Army Nurse Corps in 1942. After basic training she was ordered to the USS Hermitage for transportation to a non-combat medical unit in Iran during WWII. The nurses spent a month at sea and finally reached

Awahaz, Iran, a tent hospital in the desert. Most patients were treated for heat stroke, malaria, dysentery and dehydration. After two years, Elda was ordered to Lawson General Hospital, Atlanta, GA for treatment of acute rheumatoid arthritis and hospitalized for several months. After hospitalization, she was ordered to staff a ward for German POWs before being sent back to Chicago for recruiting duty. She was discharged in 1946. Elda is a Bay Pines volunteer, a member of the American Legion Post 273 and VAVS deputy for the Honorary Society of Women Legionnaires.

Contributed by Joan Arcand



World War II Veterans *Continued*



Joseph C. Pagac was two years old when his family moved to Chicago from Czechoslovakia. Joe was on his high school swim team and worked as a lifeguard on the Chicago beaches. He joined the Marines in 1943 and went through paratroop training at Camp Gillespie, CA. He was assigned to the first parachute battalion, and during WWII saw combat in the

Solomon Islands which included Guadalcanal, Vella Lavella and Bougainville. After returning to the States, he reported to Camp Pendleton where he became a Corporal in the newly formed 26th Marines, 5th Marine Division. After seven months of training, his division invaded Iwo Jima, February 19th, 1945. Joe was wounded on the 4th day. Aboard a hospital ship, he heard the sounds of the flag raising on Mt. Surabachi. Joe's friend, Harlon Block, one of the flag raisers, lost his life one week later on Iwo Jima. After six months at Great Lakes Hospital, Joe was discharged, attended De Paul University, received a degree in marketing, and became marketing manager for a Chicago newspaper. He and his family moved to Florida in 1971 and after 25 years, retired as a Realtor. He has two sons, a daughter and five grandchildren. Joe has been volunteering as a shuttle driver for over a year and is sometimes referred to as the "Pope." Joe loves volunteering because he enjoys talking to other veterans, and bugging the heck out of Jim Schaller and the Voluntary Office staff.



Wilbur Mauger, will be 88 years old on Veterans Day. He was in the Army during WWII, in Africa, wounded and captured during the Fiad Pass. When the Germans attacked, most of his 3rd battalion 1st Armored division was killed. He was captured, taken to Tunis and after a week the Germans put the POWs on two trimotor planes. While in the air, the German

planes were attacked by American fighters and an engine on his plane caught on fire. After landing and getting off the plane in Sicily, when they were about a hundred feet away from the plane, it blew up. The Germans moved the prisoners to a camp in the mountains for a month, then on a train to Messina, and Naples. While in Naples the Italians threw rocks at the POWs while they were being transported to impress the Germans. They were finally sent to German camps known as 7A in Munich and 3B in Furstenberg, Germany for three years. As a prisoner, he had to help build a power plant. After Hitler ordered all prisoners be shot, he said, "I would have rather been shot in the back then to stay in the camp." So at night he escaped and hid in a haystack somewhere in the country and the next day, heard American tanks coming. It was the 83rd division who rescued him and took him into headquarters. He was later sent to Colorado for a year to recuperate from TB and other wounds. After the war, he went back to his hometown in Ohio and worked for Owens Corning. He's been in Florida for ten years, on the East Coast and now here in the nursing home. He has no children but has a couple nephews that visit from the East Coast of Florida.



Helen Maas was born in Orange, NJ. She joined the Navy in 1944 during WWII and served as a Corpsman for two years until 1946. She was stationed at the Bethesda Naval Hospital in MD and at Paris Island, SC.



She married a drill instructor while at Paris Island and after her husband's discharge, they moved to his hometown of Syracuse, NY. She worked in an office in Syracuse. They had one daughter who lives here in Florida. Her husband died thirteen years ago. She has been volunteering at Bay Pines for 20 years as a Shopper. Every Thursday, she visits all the patients in the hospital rooms and if they need anything, she'll buy it in the Canteen/retail store for them. She loves to talk to the patients and enjoys doing their shopping. She is very active in her church guild and belongs to the WAVS which meets at the VA every month. She also volunteers at Hospice ceremonies. Helen volunteers because "the patients come from such a distance and they have nobody to talk to. 99% of them are just wonderful." She hopes that everyone would just come to Bay Pines and "volunteer once a week just to do something for our veterans."



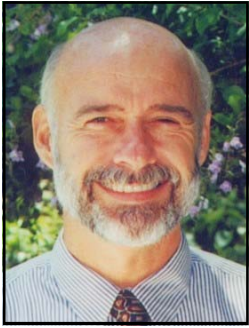
Shirley Montbleau has been a volunteer at Bay Pines for fifteen years. She worked in the file room and now in Escort. She's also a Eucharist Minister and gives communion to patients in the hospital on Wednesdays. She's originally from Lowell, MA and married her husband in 1953 while he was in the military. They traveled all over the world and in

1969 moved to Florida. Her husband was told that he was going to die in 18 months from lung cancer but the VA kept him alive for 20 years — "that's why I will be here at Bay Pines for the rest of my life. I could never, ever repay financially or service wise what they did for him." Shirley is also a courier for Florida Blood Services, volunteers at Morton Plant, is a member of the Florida International Museum, and participates in theater. In her spare time, she spends hours making Cancer Bears. Each carefully handmade, adorable Bear takes her about an hour to make. She delivers Bears to cancer treatment clinics and hospitals in the community. Shirley loves to volunteer because there are "lots of wonderful people in this world."



Joseph Muscia, now 82 years old, was in the Pacific during WWII with the 2nd Marine division. He was mostly on Saipan and Okinawa. Jokingly, he said he saw combat before he went over there in boot camp at Paris Island — he fell off a rope ladder and the next day he couldn't walk. He was in the hospital for two months and later put in company headquarters. While on Saipan during a bombing, he tragically dove towards a fox hole, and

a wire clothes line caught him in the neck which he says "almost killed him." Before being discharged in 1946, he was sent to Nagasaki and experienced radiation fall out. Originally from Pittsburgh, he and moved to Port Charlotte in 1971. Mr. Muscia and his had wife had two boys and a girl; one boy died in an auto accident. His wife still lives in Port Charlotte.



After Katrina in Houston

Nobody predicted a disaster of that magnitude --- as a category four hurricane, Katrina blew into the Gulf Coast August 29th leaving nothing but destruction behind with over a million people displaced. When the VA announced that volunteers were needed to help Katrina victims, several volunteers from Bay Pines Medical Center signed up to volunteer. **George F. Rohrmann, Chief of the Domiciliary**, volunteered and departed for Houston on September 6, 2005.

Mr. Rohrmann was assigned to assist veterans at the Houston VA. The first day he worked in the triage clinic in the emergency room. Most of the veterans were from the New Orleans VA. He helped veterans by replacing some necessary items they lost like hearing aids, teeth, glasses, wallets and medications and even helped people find lost loved ones.

At the Honda Center where the Rockets play basketball, agencies such as FEMA and the Red Cross had tables setup and so did Mr. Rohrmann representing the VA. After talking with several people, he heard that just two blocks away, a lot of veterans were staying at the huge George R. Brown Convention Center in downtown Houston. So with a team of volunteers from Houston and VA volunteers from around the country, they went to the George R. Brown Convention Center and setup several tables on three floors. There they found many veterans and employees from the New Orleans VA living in the shelter.

The George R. Brown Convention Center housed 4,500 people. It was like a small town with a bank, a drugstore, post office, an activity area for kids, a 50 station computer room and much more. There were over 2000 volunteers helping, most of them from local churches wearing T-shirts that said, "Operation Compassion." The church volunteers cooked and supplied good quality food at ten feeding stations plus gave out snacks throughout the day.

For the most part, Mr. Rohrmann's group provided concrete services at the Convention Center but a lot of the people just wanted to talk. "If you can just imagine the trauma of losing everything that you've ever known -- all your personal belongings, your home, your school, your grocery store, your doctor, your drugstore --- your whole community -- you're starting completely all over again. We were a good anchor for them." After a few days they even had a second wave of people who had evacuated from New Orleans to motels. They came to the shelter because they ran up their credit cards and were out of money.

Mr. Rohrmann was in Houston for ten days and worked eight to ten hours a day: "It was very demanding but quite rewarding. The City of Houston was an incredible place. I was amazed that Houston had everything organized and available. Even the Astrodome had 6,000 people and 200-400 people in smaller shelters around the city. The good thing is that we were actually able to help a lot of veterans. The Houston VA took in 60 veterans that had been in halfway houses that the VA sponsored in New Orleans. I was also very happy that I had access to domiciliaries across the United States and was able to place a veteran that wanted to go to a domiciliary in Pennsylvania.

"When I left, the shelter was down to 900 evacuees. We worked really hard to find people a place to go," said Mr. Rohrmann. "I felt like it was an honor for me to be asked to go to Houston and be able to have the opportunity to really help so many people that had lost so much. I was impressed with the resilience of the human spirit -- that will go on. The one thing no one can ever take from you is your attitude and how you perceive the things that happen to you." He said he's on a team that may be called back and he's ready to go wherever and whenever needed.

(Interview by Pam Hinds-Pagac, Editor)



Marines Help Katrina Victims

Bill McKee, Past Commandant, U.S. Marine Corps League, Detachment 66 (Pensacola, FL) made a special plea to Marine Corps League members across the country to assist Marines and other military families in the recovery areas of New Orleans and Mississippi. He has helped 12 initially reported Marines and returned Saturday, October 8th to help other families. "We will go as far as the money and resources allow us. Hopefully we will be able to help many veterans." Mr. McKee said, "We are a 'few good men and women' with only 70 members in our detachment but we have attained nationwide attention through our National Marine Corps League Headquarters regarding our direct assistance program."

Bob Cannon, VAVS Representative, received authorization to donate backpacks from the VAVS office to help in the Marine Corps Leagues' efforts. Bob boxed and delivered 54 backpacks to the League for the kids.

BACKPACK UPDATE: (10/11/05) by Phil Foster, Commandant, D66, Pensacola, FL:

The backpacks arrived and were delivered to an active duty Marine's wife and a party for small children. I was able to get a photo with an 8 year old boy whose mother died two years ago and his father is in prison. He is traveling with his aunt. They are both from St. Bernard's Parish in NO. They have been by plane to Utah and now in Pensacola over the last month. Devin Bergeron is starting school next week and jumped up and down when I gave him his new backpack. I think you can see in the photo the smile on his face.

Thanks to all the VAVS people who graciously made these gifts available for the kids. Semper Fi.

Contributed by Bob Cannon, VAVS Rep / Service Officer Marine Corps League & Chairman,
VAVS Executive Committee





Introducing Our New Member in Voluntary Service — Keith Riggins



Keith Riggins has been employed at the VA for twelve years. Before taking on his newly created position a month ago in Voluntary Service as Administrative Officer, he was in the patient financial service department as a Denial Management Coordinator in Building 2. Currently he oversees the running of the Voluntary Service office and is in the midst of looking at policies and procedures in Voluntary Service. He says he's still learning what is going on and wants to have a full understanding before he makes a decision to change policies and procedures. *"I don't think policies and procedures should be written in blood and can't be erased. We live in a society that is full of change and we must adapt to survive. I believe that we have to find a way to do it smarter, not harder."*

Keith has four years active duty and eighteen years in the Air Force Reserves and doesn't plan on retiring anytime soon. He was born in St. Petersburg, went to Northeast High School and is presently enrolled at St. Petersburg College studying for a BA in Business Management. He has been married to Carolyn for fourteen years, has a son Joshua, twelve years old, and a daughter, Raven who is seven. Joshua is quite a musician and plays several instruments including the piano. Keith loves doing lawn work and is very meticulous. He says he gets the same enjoyment from lawn work that some people get from fishing. He has a beautiful picture hanging in his office titled: "Take It To The Lord III" which is very important to him.

He says there are no words to describe the dedication that the volunteers have. "Some of them get up early to be here. They see the benefit and value of what they do. I knew we had volunteers prior to coming to Voluntary Service but I really didn't know the multitude and the dedication that a lot of the volunteers have—and to think how long they've been volunteering—people have given thousands of hours because of the camaraderie they have for their fellow service members. You would never know how much people care for someone else until you see our volunteers here. My father-in-law once told me you can't live in this world alone. I will always remember that." *Interview by Pam Hinds-Pagac, Editor*

A HAM for Christmas

It was Christmas Day 2003. I always wanted one so my husband gave me a radio scanner as a Christmas present. Christmas morning, when I turned on the HAM radio, I heard HAM operators talking about something very interesting and distressing.

A HAM named Phil, identified as W4AIG, came on and was talking with Don, Pappy, Richard and Jim. They were all in a unique conversation. "Uncle Phil," as they referred to him was indeed a HAM in need. He stated that he had been waiting about two hours for a bus to take him home to Holiday in Pasco County from the VA. He had been released from Bay Pines Hospital after having back surgery, was in a wheelchair and his son didn't show up to take him home.

My husband, Dick and I listened to the conversation. Dick informed Phil that the buses weren't running into Pasco County on Christmas. Phil responded over the radio that he would just have to use his wheelchair and go up US 19 to his house. Well the talking HAMs thought this was preposterous and so did we.

Feeling confident and having his radio with him, Uncle Phil set out on his journey talking along the way, reassuring the HAMs all was well. We followed the conversation when Don came over the radio pleading, "If anyone could hear this conversation and is located nearby, would you please, please pick up Uncle Phil and give him a ride home," adding that he was a "good friend and I want him to be safe." At one point, Phil said, "Now I'm going up a hill so I'll be off the radio for a little while." Some minutes later, puffing along, "Okay, I made it up the hill. I'm going to take a little rest here because it looks like I'm about to go down a hill next." One HAM jokingly asked if there were any brakes on the wheelchair and Phil replied with a laugh, "No."

After listening to the radio for a few minutes, my husband Dick decided he was going to leave and go find him. I could hear Phil on the radio, "I'm at the bottom of the hill now and am going to take another rest. I'm okay. I'll be going out on US 19."

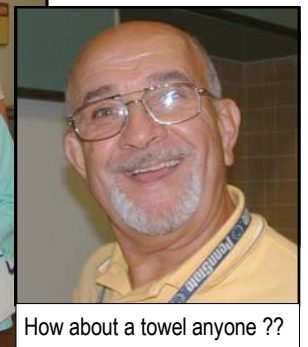
My husband first drove right past Phil along US 19. Then Dick turned around and on his way back, noticed a man in a wheelchair peddling backwards on a sidewalk. He called out to Phil and told him he was there to help. "I'm all right," Phil asserted, "I don't have that much further to go." About to run out of sidewalk, Dick finally convinced Phil that he was there to take him home. Besides wondering how this stranger knew his name, Phil was feeling pretty worn out but reluctantly got in Dick's car. As soon as he was in the car, Phil radioed informing the HAMs that he had a ride home because the nice man's wife just got a scanner for Christmas. All the HAMs were relieved and responded by saying, "Merry Christmas."

Several months later, during the course of an emerging friendship, Phil Velders, VA Volunteer and my husband discovered they knew each other in the early 1960s in Tarpon Springs.

Contributed by Suzy Mackin, Palm Harbor, FL

Mind, Body and Spirit The Employee Wellness Health Fair October 19, 2005

Sponsored by HERO, the theme of the fair was "Dimensions of Wellness" - Physical, Intellectual, Spiritual, Social, Environmental and Emotional. There were plenty of interesting exhibitors such as community organizations, financial institutions, fitness and health team booths for screenings available. Volunteers and employees were on hand to help. Quite a crowd attended.



How about a towel anyone ??



From Our Service Organizations



N.A.A.V.

(National Association of Atomic Veterans, Inc.)

Charles L. Wisner, National VAVS Representative.

Contact: Bay Pines Medical Center, VAVS Office (727)

398-9394 or (727) 821-9708 (home) or by

email: cwisner@tampabay.rr.com.

NAAV is a nonprofit, IRS 501c19 tax exempt, veterans service organization founded in August 1979.

NAAV is dedicated to assisting an estimated one million US veterans from all service branches who were first hand participants in atomic weapons test detonations from July 16, 1945 to November 23, 1992; as well as military personnel who were assigned to participate in, or to monitor nuclear weapons test detonations sponsored by other nations, or those nuclear technicians responsible for the operation and maintenance of nuclear power plants on Aircraft Carriers or Submarines; and veterans who were exposed to Depleted Uranium munitions during and after the Gulf War. The mission of the National Association of Atomic Veterans is to assist these veterans in obtaining government recognition and Department of Veteran Affairs health care and financial assistance. Individuals that have been located through NAAV's efforts have been found with unusually high incidents of various types of cancer and other associated radiogenic diseases and birth defects / health problems with genetically involved children.

Contributed by Charles L. Wisner, NAAV VAVS Representative



At the last organization meeting, **KWVA** --- Suncoast Chapter 14, the members dug into their pockets and came up with a substantial sum money to be contributed to the Katrina Salvation Army relief fund. Pictured is **Bill Miller**, VAVS KWVA Deputy, Captain of the KWVA Honor Guard and also a disaster relief member of the Salvation Army, who

presented the check to **Major Patty Elliott**, the assistant corps commander at the Salvation Army, located at 9th Avenue N and 37th Street, St. Petersburg, FL.

Contributed by Bill Miller, KWVA VAVS Deputy



September 26, 2005 the VFW Post 2473 and the Ladies Auxiliary of VFW Post 2473 teamed up to provide a cookout for the residents in the Domiciliary. The group grilled steaks and chicken for 65 veterans at the shelter on grounds near the Boca Ciega Bay. They brought more than food however; they also brought

caring, support, and joy with them. Our veterans are still talking about the meal stating, "It was excellent" and "the food was soo good." Many thanks to both groups for showing such generosity.

Contributed by Jo Parris
Recreation Therapy Assistant

AmVets Post 698

Pinellas Park FL

Leo Fair, VAVS State Rep

Beer Can Chicken Roast & Live Music

November 5th - 2:30 p.m. until Whenever

(Raising money for the Bay Pines

Ski Team / Winter Sports Clinic)

News: Two New Deputies Appointed

Terry Livingston & Pete Brady

Red Russell and the Masons will be helping to deliver Christmas gifts in the Nursing Home December 16th. He wants to remind everyone and all organizations that Christmas gifts will be in the JC Cobb Room on December 16th and to come and help distribute to our veteran patients.

* * * * *

Macular Degeneration - FYI

Macular degeneration (MD) is a deterioration of the macula. The macula is the central part of the retina in the back of the eye. The retina is a thin layer of delicate nerve tissue that lines the inside wall of the eye like the film in a camera. In the eye, light is focused onto the retina, which "takes the picture" and sends the image to the brain.

Causes could be injury, infection, inflammation, or extreme near-sightedness may also damage the delicate tissue of the macula. Two forms of age-related macular degeneration are "dry" and "wet." Dry is the most common type caused by aging. Wet accounts for 10% of all cases and consists of abnormal blood vessels and vision loss may be rapid and severe.

Symptoms of MD may include need for more light while reading, slow adaptation to a dark room, gray spot in vision after blinking or upon awakening and blurred central vision. Although MD is usually present in both eyes, it may cause visual symptoms in only one eye. A dilated eye examination can detect MD and/or a fluorescein angiogram maybe be needed.

Despite ongoing medical research, there is no cure. Although there is no proof, some scientific evidence suggests that eating plenty of leafy green vegetables or taking a multiple vitamin with minerals may slow the degeneration. People with wet-type sometimes may be helped with laser surgery.

Contributed by Shirley Hunt, Reporter
Deputy, Army Navy Union



Remembering Laverne Maxwell
(Maxi the Clown), A Hospice and Red Coat Volunteer who dedicated over 40,000 hours of service, passed away September 12th.





Calendar of Events

November 2005

- 4 Exec Com Meeting
Voluntary Svc Conf Rm 9:00 a.m.
- 9 VAVS Quarterly Meeting
Auditorium 9:30 a.m.
- 9—11 Safety Classes for Volunteers
- 11 Veterans Day Parade, Seminole,
10 a.m. and 2 p.m. Ceremony at
Bay Pines Nursing Home

If you want to feel rich, just
count all the things you have
that money can't buy.

Merry Christmas
and Happy
New Year
to All

December 2005

- 2 Fundraising Breakfast
JC Cobb Room 7:00 a.m.
- 7 Pearl Harbor Day
- 9 Exec Com Meeting
Voluntary Svc Conf Rm 9:00 a.m.
- 9 Gift Wrap, Vol. Svc. Office 9:00 a.m.
- 16 Christmas Gift Distribution
JC Cobb Rm, 1:00 p.m.
- 25 Christmas

There is tremendous
happiness in making others
happy, despite our own
situations.

January 2005

- 6 Exec Com Meeting
Voluntary Svc Conf Rm 9:00 a.m.
- 16 M.L. King, Jr. Day
(?) Fish Fry—American Legion (TBA)

*Yesterday is but a dream, and tomorrow is
only a vision, but today well lived makes
every yesterday a dream of happiness and
every tomorrow a vision of hope.*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Exec Com Meeting	5
6	7	8	9 VAVS Qrtly Meeting	10 Safety Classes 9—11	11 Veterans Day Parade & Nursing Home Ceremony	12
13	14	15	16	17	18	19
20	21	22	23	24 Thanksgiving	25	26
27	28	29	30			



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 BREAKFAST	3
4	5	6	7 Pearl Harbor Day	8	9 Exec Com Meeting	10
11	12	13	14	15	16	17
18	19	20	21 First Day of Winter	22	23	24
25 Christmas Day	26 Kwanza First Day of Hanukkah	27	28	29	30	31 New Year's Eve



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2 Last Day of Chanukah	3	4	5	6 Exec Com Meeting	7
8	9	10	11	12	13	14
15	16 M.L. King, Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				